<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Calcium Content</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt</td>
<td>1 cup or 8 ounces</td>
<td>300 milligrams of calcium</td>
<td>* 1 marshmallow = 10 milligrams of calcium</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>* put marshmallows in the plastic bag to equal milligrams of calcium (divide milligrams by 10, or take the last zero off the number)</td>
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<td></td>
<td>* label the bag with the number of marshmallows and milligrams of calcium</td>
</tr>
<tr>
<td>Milk (1% or lowfat)</td>
<td>1 cup or 8 ounces</td>
<td>300 milligrams of calcium</td>
<td>* 1 marshmallow = 10 milligrams of calcium</td>
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<td>* put marshmallows in the plastic bag to equal milligrams of calcium (divide milligrams by 10, or take the last zero off the number)</td>
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<td>* label the bag with the number of marshmallows and milligrams of calcium</td>
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<tr>
<td>Canned Sardines with Bones</td>
<td>1 ounce</td>
<td>110 milligrams of calcium</td>
<td>* 1 marshmallow = 10 milligrams of calcium</td>
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<td>* label the bag with the number of marshmallows and milligrams of calcium</td>
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<tr>
<td>Milk Chocolate Candy Bar</td>
<td>1½ ounces</td>
<td>85 milligrams of calcium</td>
<td>* 1 marshmallow = 10 milligrams of calcium</td>
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* WIN Kids Fun Days: Calcium in Foods Instruction Cards
Cottage Cheese
½ cup
70 milligrams of calcium

* 1 marshmallow = 10 milligrams of calcium
* put marshmallows in the plastic bag to equal milligrams of calcium (divide milligrams by 10, or take the last zero off the number)
* label the bag with the number of marshmallows and milligrams of calcium

Macaroni & Cheese
½ cup
60 milligrams of calcium

* 1 marshmallow = 10 milligrams of calcium
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Baked Beans
1/3 cup
50 milligrams of calcium

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Orange
1 medium
50 milligrams of calcium

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Bread
1 ounce slice
30 milligrams of calcium

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Cola-type Soft Drink
12 ounces
10 milligrams of calcium

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